

### **3 Minute Breathing Space**

Begin by taking a mindful posture.

#### **Minute One: Becoming Aware**

- The first step is to become aware of what is going on with you right now.
- Notice any thoughts going through your mind. As best as you can, acknowledge the thoughts as just thoughts. See them as mental events, not facts.
- Now notice any emotions that might be present. Notice any pleasant or unpleasant feelings without trying to change them. Don't push them away.
- Next, notice any sensations in the body. Quickly scan your body to notice any tightness or tension.

Now you have a sense of what is going on right now. You have stepped out of "autopilot mode."

#### **Minute Two: Gathering and Focusing Attention**

- The second step is to collect your awareness by focusing on a single act – the movement of the breath.
- Bring your attention to your breath and notice where in your body you feel your breath the best – your nose, chest, belly, or somewhere else.
- Follow the breath all the way through the inhale and exhale.
- Use each breath as a way to anchor your attention in the present moment.
- When your mind wanders, gently bring it back to your anchor.

#### **Minute Three: Expanding Awareness**

- The third step is allowing your awareness to expand to the entire body, bringing a more spacious awareness to your experience.
- Let your breath be present but in the background.
- Bring attention to the entire length of the body from head to toe, including any tightness or sensations related to holding or bracing.
- On the out-breath, sense your entire body.

Then let go of the practice, and take notice of how you feel.